

# HNSC 1200 | Food: Facts and Fallacies Syllabus



Nutrition Facts	
Per 3/4 cup (29 g)	
Amount	Cereal Plus 125 mL Only 2% P.S. Milk
Calories	110
	% Daily Value
Fat 1 g*	2%
Saturated 0.3 g	6%
+ Trans 0 g	
Cholesterol 0 mg	
	9%

## Course Description

The University of Manitoba Undergraduate Calendar describes this course as follows:

HNSC 1200: Food: Facts and Fallacies (Formerly 030.120). This course will present facts and fallacies about food from harvest to market forms. Emphasis will be placed on technological development, consumer concerns and factors affecting nutritional quality. Current issues related to food safety and nutritional trends will also be discussed. Not to be held with 030.119. 3.0 Credit Hours.

## Course Goals

Upon completion of this course you should be able to:

- Identify the sensory characteristics of food;
- Identify influences on food choices;
- Analyze the applications of biotechnology on common foods and the potential advantages and concerns of this technology;
- Describe the basic characteristics of common food poisoning bacteria;
- Identify the food and agricultural factors that affect nutrition and health;
- Recognize the importance of the nutrients in food;
- Identify practices to reduce the risk of food borne illness; and
- Discuss food preparation and preservation techniques.

## Course Materials

### Required

#### Bookstore

The following required materials are available for purchase from the [University of Manitoba Bookstore](#). Please order your materials immediately, if you have not already done so. See your [Distance and Online Education Student Handbook](#) for instructions on how to order your materials.

- *Custom Textbook:*

*HNSC 1200 Custom Food: Facts and Fallacies (2015). ISBN: 9780176741129*

*Note: We are using a custom textbook for this course which has a supplement from two different textbooks:*

1. *Food Science, An Ecological Approach (S. Edelstein), Jones & Bartlett Learning (2014). ISBN: 978-1-4496-9477-7*
2. *Nutrition Concepts and Controversies, 3rd Canadian Edition (Sizer, Whitney & Piche), Nelson (2015). ISBN: 978-0-17-653077-8*

#### University of Manitoba Libraries

The following materials are available from the University of Manitoba Libraries (See the link to the University of Manitoba Libraries in your course website.):

- The textbook is available on 2-hour reserve in Dafoe Library.

## Course Overview

### Overview

Welcome to Food: Facts and Fallacies, HNSC 1200. This course is designed to equip you with some basic nutrition information that can be applied to your everyday life.

## Topics

<b>Unit 1: Food, Nutrition and the Environment – The Interrelationships</b>	The availability of food plays a major role in the health and quality of human life. This ranges from severe food scarcity to adequate food supplies to an overabundance of food. How do food, nutrition and the environment relate to each other? Why is the science of food important in the study of nutrition? Many factors influence our food choices. What are these factors and why is it important we understand them in the study of nutrition?
<b>Unit 2: Food Production and Preservation</b>	The dramatic increase in the world's population has resulted in increased production of plants and animals, over-fishing of lakes and oceans and the utilization of by-products for food and fuel. How have we increased food production and what impact has this had on our natural resources? How have we traditionally preserved food to minimize losses and are there new possibilities? What types of food packaging materials exist, and how to they impact our environment?
<b>Unit 3: Food Safety</b>	Canada's food supply is considered one of the safest in the world. Who is responsible for ensuring the safety of our food? What are the risks associated with microorganisms? Food additives? Environmental contamination? Agricultural chemicals? Naturally occurring toxicants? Do we need to be concerned about food allergies?
<b>Unit 4: The Chemistry of Foods – Water and Carbohydrates</b>	All foods are composed of major chemical constituents that contribute to the color, flavor, texture and nutritional quality of food. What roles do water and carbohydrates play in our foods and in food production?
<b>Unit 5: The Chemistry of Foods – Fats and Proteins</b>	All foods are composed of major chemical constituents that contribute to the color, flavor, texture and nutritional quality of food. What roles do fats and proteins play in foods and in food production?

## Learning Activities

### Knowledge building through theory acquisition:

You are strongly encouraged to **carefully** read the chapters in the textbook that are assigned in your course notes. The study notes provided for each unit will guide your textbook reading by highlighting critical information as well as provide supplementary Canadian content. The course notes alone will not provide you with enough information to complete this course successfully. In addition to the textbook, all topics, figures and tables covered in the study notes will be tested on the term tests and final exam.

### Knowledge building through collaboration and reflection:

As you acquire knowledge through reading of the content you are also expected to share your thoughts in response to the assigned questions in discussion forums. These conversations are to encourage discussion of the content to increase your understanding as well as to broaden your knowledge of the importance of the course content.

## Evaluation and Grading

### Distribution of Marks

<b>Evaluation</b>	<b>Percentage</b>
Term Test 1	15%

Term Test 2	<b>15%</b>
Discussions: 1. Food, Nutrition and the Environment 2. Food Production and Preservation 3. Food Safety 4. The Chemistry of Water and Carbohydrates 5. The Chemistry of Fats and Proteins	<b>5%</b> <b>5%</b> <b>5%</b> <b>5%</b> <b>5%</b>
Timed online quizzes (1% per unit)	<b>5%</b>
Final Examination	<b>40%</b>
<b>Total</b>	<b>100%</b>

## Grading Scale

Letter Grade	Percentage Range	Description
A+	90 – 100	Exceptional
A	80– 89.9	Excellent
B+	75 – 79.9	Very good
B	70 – 74.9	Good
C+	65 – 69.9	Satisfactory
C	60 – 64.9	Adequate
D	50 – 59.9	Marginal
F	less than 50	Failure

**Note:** All final grades are subject to departmental review.

## Assignments

*Each assignment is briefly described here.*

There are two term tests, five online discussions and online quizzes at the end of each unit.

**Term tests** Each term test is 30 minutes in length and consists of 25 multiple choice or true/false questions, focusing on course notes and materials in the textbook. These term tests will be administered online. The term tests will be available for a 24 hour time period, however once you open the test, it will automatically submit after 30 minutes and your mark will be recorded in the gradebook. Therefore, it is important that you do not open the term tests until you are ready to complete the entire test.

Term Test 1

- Unit 1: Food, Nutrition and the Environment – the Interrelationships
- Unit 2: Food Production and Preservation

Term Test 2

- Unit 3: Food Safety

## Discussions

Discussions will be completed online in designated discussion forums. You will find the specific questions to be answered for each discussion topic under Assignments in your course website.

- Topic 1 – Food, Nutrition and the Environment
- Topic 2 – Food Production and Preservation
- Topic 3 – Food Safety
- Topic 4 – The Chemistry of Water and Carbohydrates

## Quizzes

There will be timed online quizzes for each unit. The quizzes can be found in the "Quizzes" section on the course website. Only your first attempt at each quiz will be recorded into the gradebook.

## Policy for late discussion posting submissions

10% of the total marks will be subtracted for each day that the submission is late (i.e., 10% for 1 day late, 20% for 2 days late, 30% for 3 days late, etc.). If you are unable to complete the discussion or quiz due to medical reasons (medical certificate required) or compassionate reasons, please contact the instructor (send an email), preferably before the due date. You must contact the instructor in order to submit a late discussion posting.

## Assignment due dates

Consult your course schedule for the assignment due dates.

## Final Examination

The final exam will be written at the University of Manitoba (UM), Fort Garry campus or at an approved off-campus location. **Students needing to write at an off-campus location must declare a location by the specified deadline date** (see off-campus declaration and policy under Student Resources on course homepage). **Students writing at the UM Fort Garry campus do not need to declare an exam location.**

The Registrar's Office is responsible for the [final exam schedule](#) which is available approximately one month after the start of the course.

## Final Exam

The invigilated final exam is 2 hours in length and consists of 100 multiple choice and true or false questions. The final exam will cover materials from units 1-5, with more emphasis on units 4 and 5. Questions will focus on content from the course notes and materials in the textbook.

When studying for your term tests and final exam, focus on the Course Notes for each unit. You are not expected to know sections of the textbook that are not assigned readings in the course notes. It is recommended that you read the assigned sections of the textbook that are assigned in the course notes and use the course notes as a supplement to your readings. You are expected to be familiar with all tables and figures from the textbook that are mentioned in the Course Notes.

## Plagiarism, cheating, and examination impersonation

You should acquaint yourself with the University's policy on plagiarism, cheating, and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba *Undergraduate Calendar*. Note: These policies are also located in your *Distance and Online Education Student Handbook* or you may refer to Student Affairs at <http://www.umanitoba.ca/student>.

### Distance and Online Education (DE) Student Resources

In your course website there are links for the following:

- Contact Distance and Online Education Staff
- Distance and Online Student Handbook
- Distance and Online Education Website

## Plagiarism, cheating, and examination impersonation

You should acquaint yourself with the University's policy on plagiarism, cheating, and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba *Undergraduate Calendar*. Note: These policies are also located in your *Distance and Online Education Student Handbook* or you may refer to Student Affairs at <http://www.umanitoba.ca/student>.

### Acknowledgements

<b>Content Specialist:</b>	Kristin Hildahl-Shawn, RD, M.Ed Human Nutritional Sciences Human Ecology The University of Manitoba
----------------------------	--

<b>Instructional Designer:</b>	Lynette D. Phyfe, M.Ed. CATL- Flexible Learning Group The University of Manitoba
<b>Multimedia Specialist:</b>	Joeffer Domingo CATL- Flexible Learning Group The University of Manitoba

Course Syllabus - [PDF version](#)

Copyright © 2015.

All rights reserved. No part of the material protected by this copyright may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or otherwise without the prior written permission from the copyright owner.

The University of Manitoba, Distance and Online Education